



# Nutrition Resources

**Healthy Choices Criteria for Competitive Foods**  
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**Food does not qualify if it exceeds:**

250 Calories per serving  
5g **Saturated** Fat per serving  
35g sugar per serving

Food must also contain at least:

5g Protein per serving **and/or**  
2g Fiber per serving **and/or**  
10% of any of the following per serving: Calcium, Iron, Vitamin A or C

\*\*Limit snacks containing trans fats (partially hydrogenated oils)

\*\*Limit snacks containing chemical additives (i.e. food coloring, BHT, etc.)